

# INTEGRAL Yoga

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## Integral Yoga and You

INTEGRAL YOGA Magazine is the official organ of the Integral Yoga Institutes, Groups, Teaching Centers and Satchidananda Ashrams. These centers are vehicles through which Sri Swami Satchidanandaji's teachings of Integral Yoga are lived and shared. The centers conduct on-going programs of instruction in the various aspects of Yoga, including Hatha, Raja, Karma, Bhakti and Jnana Yogas (see back cover), as well as Yogic diet and other related topics. There are open classes, courses, universal worship services, and retreats, both for beginners and more advanced students. Those interested are invited to visit the centers, and a live-in program is also possible.

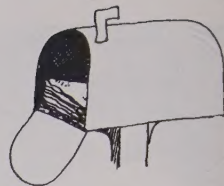
Besides their teaching function, the Ashrams also provide an opportunity for an experiment in total Yogic living. The Ashram in Pomfret Center, Connecticut has a printing press, health clinic, national audio-video service, natural foods store, a 2-acre organic garden, Yogic nursery school, and a number of cottage industries through which members practice selfless service and also make the community self-sufficient. Ashrams have recently opened in Santa Barbara, Calif. and Eureka Springs, Arkansas as well.

For more information, to arrange a Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed on the inside front cover. We are here to serve you.

OM SHANTHI

OM PEACE

## Letters



DEAR EDITOR

It's wonderful to pick up the magazine, for each issue I've received has dealt directly with problems or questions occupying my mind. And I'm sure they will help me again with new questions as I reread them. I'm grateful for your efforts and pleased to renew my subscription. May God bless you.

E.D., Yonkers, N.Y.

Your latest team effort in the most recent *Integral Yoga* magazine is really a beauty - both in content and design. Thank you all for this treasure. You are surely doing wonderful service to the humanity in your team effort. I am very grateful.

P.M., Washington, D.C.

DEAR SWAMIJI

Words cannot express the depth of our gratitude to you for visiting our home on the eve of your Jayanti. Since then, many who were there have called saying that your words and being touched the heart in such a way that they felt their lives change from that eve onward.

The psychologists and psychiatrist have since shared the evening's experiences with their classes; the pastors of churches who were present referred to your message in their Sunday sermons. The politician's wife called to say that her husband would like

to attend the next gathering should you ever return to this area.

Many Yoga teachers (perennial students of Yoga) experienced *darshan* [the sight of a great saint] for the first time. For some, *satsang* [spiritual sharing with a saint] is a new experience. Thanks to you, they are opening their hearts as well as their minds to the essence and not just the techniques of Yoga.

R.J.V., Oakland, Cal.

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It was such a joy to see you in San Francisco. My friend and I went to hear you speak that evening and my eyes filled with tears as my heart was so filled with joy to see the great work you are doing for the young ones of the world. There was such attentiveness and respect for the ever hopeful, helpful message of God's love.

M., Ashland, Oregon

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I've become more aware of what my role of service is all about. It becomes more apparent each day that the way or the attitude with which we do things has the greatest impact on the results. I will always remember your guidance and instructions. They have become part of my life, although at times I must admit I turn away from them.

I pray I will have the fortitude to withstand the daily temptations and their eventual pitfalls and to see the truth through your Light. May this beautiful world receive your grace with embracing arms and love-filled hearts.

K.G., Farmington, Me.

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*Continued on Page 24*

## Integral Yoga Magazine

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## Sri Swami Satchidananda

SRI SWAMI SATCHIDANANDA is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being "Truth is One, paths are many." His main residences are in Pomfret Center, Connecticut during summer and Santa Barbara, California in the winter. He also travels widely, sharing with people through every possible media: lectures, conferences, radio, TV and newspaper interviews, books and visits to schools, seminaries, rehabilitation centers and many other groups.

# The Integral Yoga

# YANTRA

Sri Swami Satchidananda

*Every Integral Yoga Institute branch has the Yantra as the main deity on the altar. Many people ask what the meaning of this symbol is. The following is Sri Gurudev's explanation, along with his instructions for meditation on it.*

Our Yoga is a complete Yoga, an "Integral Yoga," and our Yantra is also like that. It is a representation of the entire Cosmos. It is not just some diagram or drawing I invented for a logo as many people have thought. For a long time I didn't explain much about it; I just left it as a kind of hidden thing. But it is the Deity. You should treat it as that, worship it and address your mantram to that. I would say that if the Institute is growing well, it is because of the worship of this Yantra. It is my *Ishta Devata* (beloved Deity). Knowingly or unknowingly you are all worshipping that. It is because of the devotion and respect shown to it that we are getting so many blessings. When you worship a Devata as your *Ish-tam* (beloved), the Deity bestows all the great things on you.

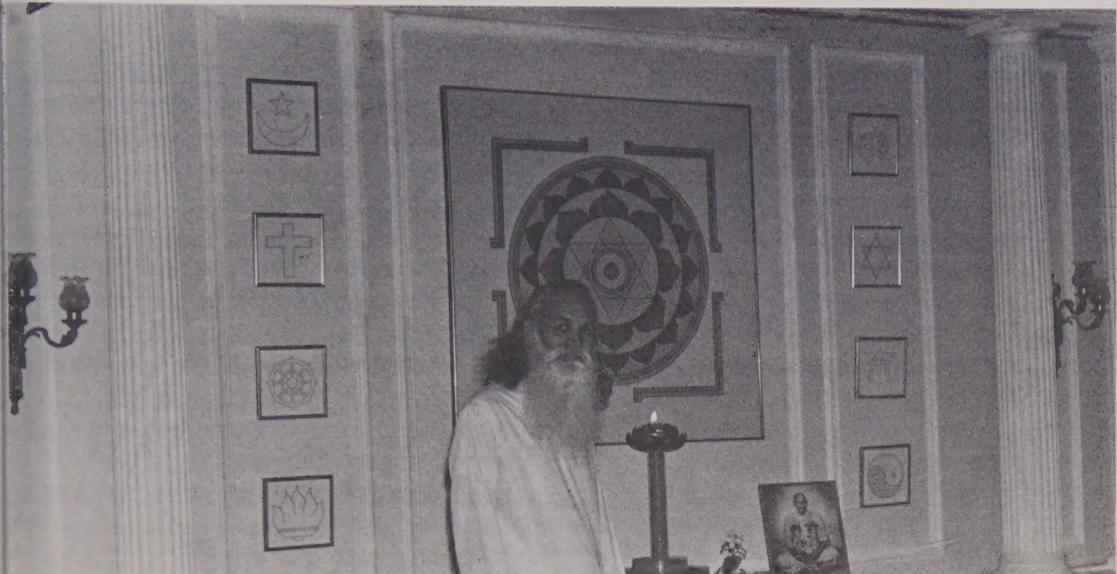
## ITS PURPOSE

What is the purpose of a yantra? Sometimes external images are used in meditation or worship to symbolize or express certain Divine ideas and qualities. In

fact, that is why we worship God through various externals such as idols. But some people feel that idols are too much like human beings. They want to worship something more unlimited so they choose yantras or geometrical figures. Where do the figures come from? When *mantras* (sound formulas), or divine ideas are meditated upon, certain images are brought out, something like liquid crystalizing into solid form. These geometric figures are actually crystalized mantra forms. So a yantra is a physical expression of a mantram--a mantram being a Divine aspect in the form of sound vibration, a yantra in the form of a geometrical figure.

## THE ENTIRE CREATION

In simple language, as I said before, our Integral Yoga Yantra represents the entire creation. Each part of the Yantra corresponds to a different aspect of the Cosmos. According to Yogic thinking, God, or the Cosmic Consciousness, is originally unmanifest--just by Himself (or Herself).



*Sri Gurudev in front of the shrine at Satchidananda Ashram East*

or Itself). As He begins to manifest, His first expression is as sound vibration. The Bible puts it, "In the beginning was the Word, and the Word was with God, and the word was God." Here, "word" means sound.

In Sanskrit they say something similar, but take it a step further: "Nada, Bindu, Kalaa," -- the sound, then the dot, then the art or rays. Because if God manifests as sound, you can't see anything. What is the smallest expression which you could see? The Bindu or dot. It should be the smallest possible particle. But, of course, if it is that small we can't see it, so in the Yantra it is shown as a large dot in the very center. The Bindu represents the first physical expression, the very core of the Cosmos. It is that dot which then expresses as Kalaa. Kalaa means the different aspects or literally the different rays or different arts.

### THE THREE RINGS

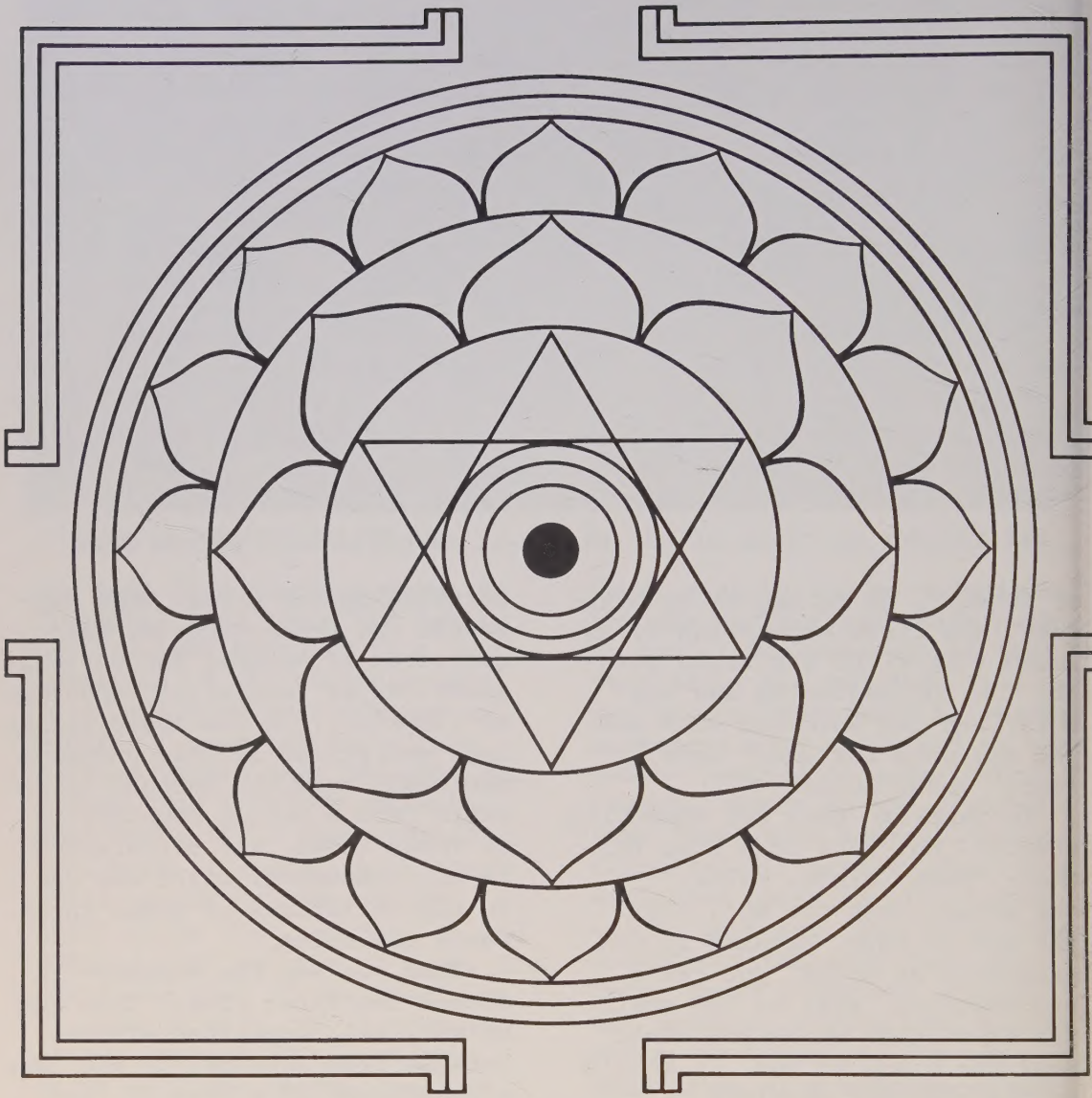
The next expressions are the three rings of different hues

surrounding the Bindu. They represent the three *Gunas* or basic qualities of nature: *Sattva* (balance), *Rajas* (activity), and *Tamas* (inertia). In the Yogic thinking, everything in this universe manifests uniquely because it results from a unique combination of these three. All differences in the phenomenal world are due to the variations of these three basic qualities.

Then you see the hexagon around the three rings. This can be very well explained with an example from science. If you take a photograph of a crystal, you will see that its normal shape is six-sided. That's why the Yantra has the six triangles around the center. It means that the first speck of matter expresses itself as more complex matter like a crystal.

### SIVA - SHAKTI

The six triangles are actually a combination of two larger triangles, one pointed down, the other up. As one triangle passes through the other, you get this six-sided figure. The tri-



angle with apex upward represents the positive or masculine aspect, the inverted triangle is the negative or feminine aspect. In Sanskrit this concept is called Siva-Shakti. It is a combination of the male and female, equally represented. There is no inferiority or superiority for either aspect; they blend perfectly together and whichever way you turn the Yantra, they remain the same. So

it makes a complete whole, and this itself represents the entire *Nirguna* (unmanifest) as well as *Saguna* (manifest) aspects of the Supreme.

### THE PETALS

Once the triangles come together, the hexagon could then represent something else also: the six basic *Tattvas* or principles--the five senses and the mind as the sixth. The six-sided

crystal then manifests outward in further expansions of the primordial energy and matter. Why and how does this happen? Out of love. So all the beautiful lotus petals represent the loving manifestation.

Another way of explaining the petals is that the eight inner petals represent the subtle elements, while the sixteen outer ones indicate their grosser manifestations.

Then you see the three large circles surrounding the lotuses. They indicate how these elements further express as the three worlds: causal, astral and physical. But even that is not the end. The Divine expression is unlimited. That is why the circles are framed by a square with gaps pointing outward, representing the infinity of creation.

## TRADAK

Generally the Yantra is used for the practice of *Tradak* (open-eyed concentration exercise or gazing). To practice it, sit in a meditative pose, having a picture of the Yantra at eye level in front of you. Gaze gently at it, holding the main part of the attention on the central dot. Do not strain the eyes. After some time, close the eyes and visualize the form mentally. When visualization becomes difficult, open the eyes and practice the gentle gazing again. Start by gazing for just a few minutes and then gradually increase your practice.

You might wonder about the various colors of the different parts of the Yantra. Colors, again, are the expressions of various sound forms. They may vary for different individuals. When you meditate on the Yantra, you may get different glows or

colors.

After some months, the visualization will become easy and your meditation will go deeper. When you are able to see the entire Yantra clearly from the core to the extreme edges, your concentration will be really powerful. Your mind will be well focused, and along with that, by thinking of the significance behind it, you will be in communion with the entire Cosmos because the Yantra is a complete image of that; it is not one-sided or partial in any way.

## FAITH

Actually, it is impossible to explain and rationalize everything by intellect alone and expect you to accept it. That is why I never told you much about the Yantra until now: what it means or why we use it. Somehow my way of presenting things is a little different. I simply said, "Let it be there." If you have faith in it, you will do it and get the benefits. Even without the faith, it is enough if you just feel, "Well, Swamiji gave it to us; he wanted us to respect it and keep in on the altar, so we are doing it."

"Mantra Mulam Guror Vakyam" -- the basis of all the mantrams is the word of the Guru. If you have the faith, whatever he gives you becomes your Deity. Your own faith in the thing he has given begins to work. But that faith cannot easily be developed by rationalizing. I know many people want to know "Why? How?" They want intellectual satisfaction. But our intellects have a lot of limitations. They cannot understand everything. At a certain point we have to raise above that in our hearts, through faith.

# Teaching as Yoga

by Karuna Kempisty

Having been chosen to be our nursery school's teacher has been my dream come true. Just as I feel every child is a gift from God, so do I feel this opportunity to serve His children is also a gift straight from God. I cannot imagine a greater service than to watch, love, and guide these budding souls in this Yogic environment. I thank our beloved Gurudev for making it all possible.

## RISING LIKE THE SUN

One day Sri Gurudev called the Ashram children the "sunny moons," thus giving the school its unofficial name. And since then, I am slowly coming to know what he must have already known in giving that name: that all children are universes unto themselves. Rising like the sun to every occasion, they set like the moon, doing the best they can. And it reminds me of a line from a song I often sing them: "Everybody is a star - doesn't matter who you think you are..." Each day I try to orient myself more and more toward that understanding - each of us is a bright star in God's universe.

I have come to see that each child is born with his own wisdom and knowledge of life. A teacher's job is simply to guide that

soul on its own path, through the experiences of every-day life. This becomes simple if you just let each child tell you his needs and have the faith that he truly does know his own mind. From there you can guide him with love, understanding and discipline, according to his own temperament and capacity.

I always try to remember that children do not all fit the same mould, nor will a certain set of rules apply to them all. Gurudev often says that what he tells one person may be the complete opposite of what he instructs someone else in seemingly the same circumstances. I find I am now doing the same with the children. Why? I find it helps them to feel their individuality and, even at this young age, affords a lesson in non-attachment.

## LESSONS WITH LOVE

But whatever the lesson is, the love must always come through for them to maintain complete trust. As their level of trust grows from mother to teacher, and so to friends in the community, it is so important that they keep their channels open, while yet learning discrimination. We must be as gentle and loving as possible, because children will not

Karuna with the  
*"Light of Yoga"*  
 school children



trust people they feel will disturb their peace. They will always look for people and situations which make them feel the most natural.

Young children seem to be still directly connected to the Divine Force. You notice how when anyone holds a child, his face glows - the Divine light shining through the child affects that person also. Little children's solar plexuses are wide open, ready to receive both positive and negative vibrations. Here in the school we try to take this into consideration in helping the children relate with one another. For example, if two children are quarreling, I might intervene to help them settle their differences and then gently ask them to become friends or walk away hand-in-hand or exchange hugs. Most of the time they are more than willing to do so.

## LEARN FROM EACH OTHER

For the most part, we try to have the children learn from each other, and I just stand by as their guide. Or if an older one is in the group, I'll ask him to tell the others a story or lead the group in a game. As an example of how they teach one another, one day a three-year-old was scolding a five-year-old who

would not let her join a game because she was "too little." The younger child stood there with hands on hips and said, "Do you like this school?" "Yes," the five-year-old replied. "Well," said the little one, "This is a happy school and if you want to play you must share." I see from such examples, also, that children reflect their surroundings. Enveloped by unconditional love, their inner knowledge of truth comes through naturally and without impediment.

But although the children learn much from their environment and from each other, I feel the children should always know that the teacher is in control and ready to help in any situation which might arise. Also, in all these years of watching Gurudev teach in his Universal Classroom, I've come to realize the great importance of one-pointedness, and no matter how crazy the schoolroom may appear at a given moment, or how scattered the energy may be, I try to maintain this clarity.

## EDUCATING ONESELF

Another lesson I've learned from him: we should develop all the many aspects of our personalities. No one aspect is more or less important than another. A

teacher should be well-rounded: one who can have fun, yet discipline; love, yet can show anger; be a clown, yet educate; be able to do physical work, and also creative work. Showing all aspects of oneself in the classroom not only helps the children develop their own special gifts, but helps cultivate a relaxed atmosphere in which they can grow toward that potential which the life force within is trying to express through them.

Thus, an important part of educating children is to educate oneself. The Yogic practices of proper diet, Hatha Yoga and meditation play an important part in helping me keep the one-pointedness necessary in working with the children. Living at the Ashram is my constant education, and the Yogic practices, vehicles for my growth. As the Mother of Sri Aurobindo Ashram says, "For each individual there is a two-fold labor to be done simultaneously, each side of it helping and completing the other: individual transformation - an inner development leading to union with the Divine Presence; and social transformation - the establishment of an environment favorable to the flowering and growth of the individual."

This brings to mind how, by example alone, and by natural, gentle, daily guidance, we teach children respect and good manners. As Gurudev has said, everything should happen as simply and naturally as possible. And we are continuously amazed at how quickly the children learn proper table manners by simply waiting with the family 'till everyone is served and the meal prayer said before starting to eat. Or how they learn to keep their cup in front

of their bowl to prevent spilling. They are taught table manners as naturally as getting up in the morning; it's just another part of the Cosmic flow.

## FOUNDATION STONE

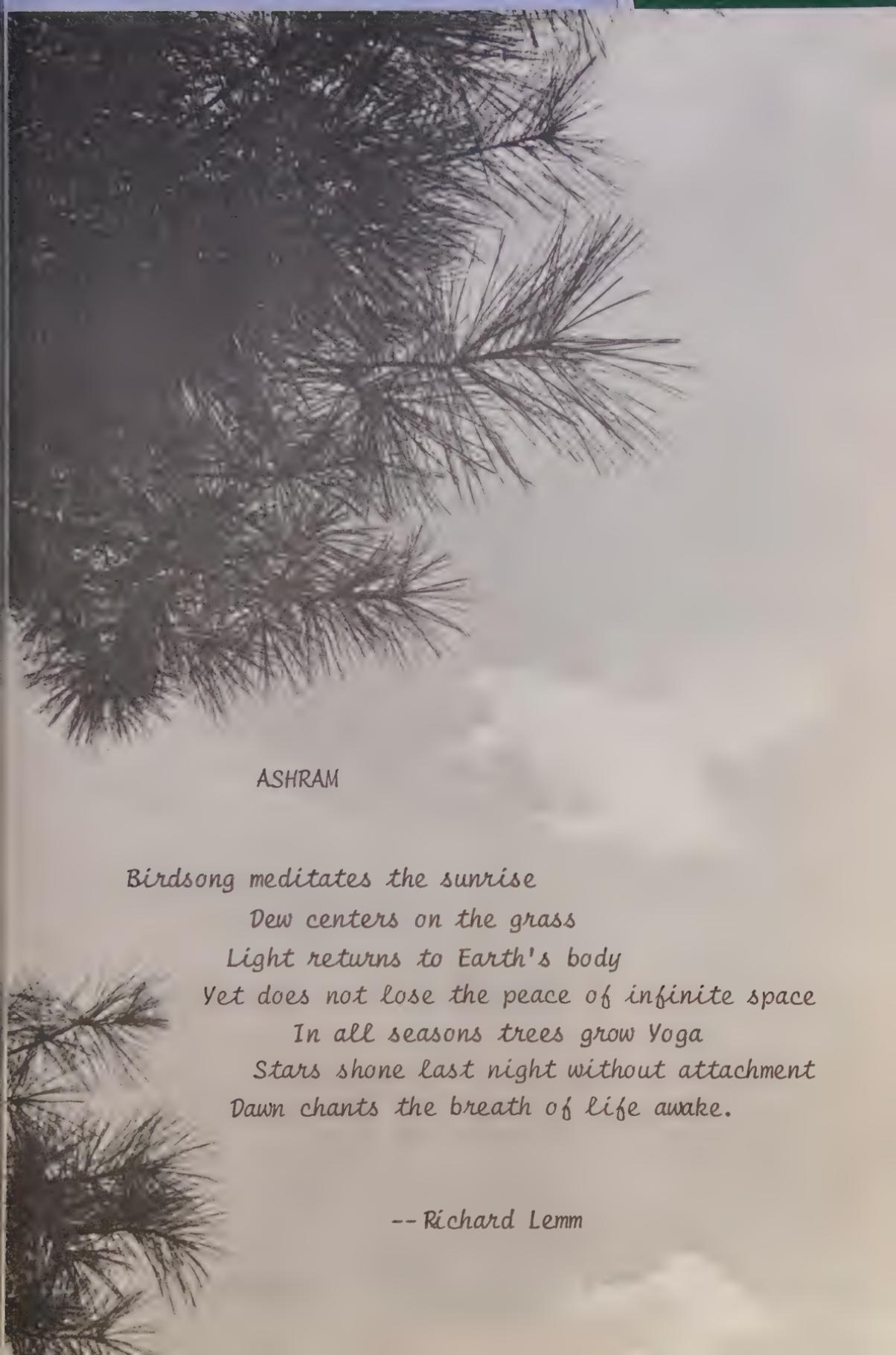
Since the news of the school reported in the last issue of the magazine, new roads seem to have unfolded before our eyes. School is now in session all day, and another teacher (Devaki Staff) has been added. Another addition to the curriculum: many days the school is visited by one of the Ashramites with a particular skill or talent to share. Even the Ashram's president, Swami Abhayananda Ma comes once a week to teach the children stunts and tumbling.

Sri Gurudev recently chose the official name for the school - Light of Yoga School. We are all very excited about its growth and feel strongly that the school's and our children's growth is an important foundation stone in the future of the Ashram and in the work of living and spreading the Yogic teachings in general.

Om Shanthi, Shanthi, Shanthi.



*Karuna Kempisty is head teacher of the Satchidananda Ashram's nursery school, now called the Light of Yoga School. An exceptionally loving and understanding person, she is, as she says, "friend, mother, teacher, guru, and student" to all the Ashram's youngest Yogis.*



ASHRAM

*Birdsong meditates the sunrise*

*Dew centers on the grass*

*Light returns to Earth's body*

*Yet does not lose the peace of infinite space*

*In all seasons trees grow Yoga*

*Stars shone last night without attachment*

*Dawn chants the breath of life awake.*

*-- Richard Lemm*



# True Education

Sri Swami Sivananda

Education is the development of the whole person - head, heart and hand - by artistic, scientific and practical instruction. Body, mind, intellect and spirit must have harmonious development.

Education should be calculated to promote plain living and high thinking. It should enable the student to fit himself into his environment and help equip him for the battle of life and the attainment of Self-realization. Education should teach pupils to love God and man; to be truthful, moral, fearless, humble and merciful.

Ultimately, the aim of real education is drawing out the dormant divinity from within each human being. Spiritual enlightenment is the fruit of the real, inner education.

## A TEACHER'S RESPONSIBILITY

The great responsibility of training children to grow into ideal men and women lies with the teachers and parents. The relationship between teacher and student should be like that of a loving father and a devoted son. It should not be of a commercial nature. There should be a deep and profound spiritual bond between them. It is a primary responsibility of the teacher to win the respect and love of the student. Only then will his teaching be effective.

A great, onerous duty rests with the teachers. They themselves should be strictly moral and pure. Only then can they train the students in the right path. Mere intellectual achievement will not adorn a professor. The teachers should be spiritually minded. They should practice regular meditation. Teachers must be worthy ideals to be emulated by the students. The students should be able to draw inspiration from the personal lives of their teachers.

Education is the root. Culture is the flower. Wisdom is the fruit.

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*Sri Swami Sivanandaji Maharaj (1887-1963) was spiritual master of Sri Gurudev and founder of the Divine Life Society. He dedicated his entire life to the service and spiritual education of humanity through the science of Yoga.*



# Wholistic Health

What is meant by this very popular term "wholistic health"? By wholistic we mean that we are interested in the entire being--not only on the physical level, but also on the mental, emotional and spiritual levels. In this, it is very similar to our own "Integral Yoga," which seeks to harmonize the functioning of our physical, mental and spiritual aspects.

On the physical level, most of us associate good health with a body free of recognizable disease. Western medicine has laid too much stress on the absence of negative symptoms as the sign of health. If your "vital signs" fall within the norm for your age and sex, the traditional physician may say, "You are okay."

Proper functioning of the physical body is, naturally, included in the wholistic definition of health, but it is only one aspect. According to the wholistic view, all events in this universe are dynamically connected. It is not only true that "no man is an island," but in fact nothing is an island. On every level, microcosmic as well

as macrocosmic, all things are related. Within every system all events are connected. This means that whatever happens to one part of us affects the rest to some degree. Thus, you cannot inject some drug into the body saying, "This is meant only for those nasty germs; it won't affect me." If you put poison into the body, it will effect you all over.

## THE MIND

Another example of this interconnection is the relationship between the body and mind. For instance, what you eat affects not only the body but the mind, too. If you are sensitive, you can feel the different vibrations and effects from various foods, but even if you are not aware of them, they still have their effects. That's why Yoga stresses the importance for a spiritual aspirant of pure food prepared in a pure and clean way. It's okay to eat anything, anywhere you want, but your mind will have to face the consequences. Along with the momentary taste and energy you will have to take up the vibrations, which

have longer term effects.

Conversely, the mind plays a very significant and often decisive role in the maintenance of the body's health. It is well known how fear produces measurable physiological reactions in the endocrine system. And when you are mentally tense or angry, you feel this as tension in the neck, back or solar plexus. That is why it's a good idea never to eat when you are emotionally upset, first because your digestive system shuts down, and second, the vibrations you are putting out will be absorbed by the food and can actually poison you. For this same reason, one should never eat food prepared in anger or with any negative emotions. A sour stomach can come from a sour mind.

## PERFECT BALANCE

All over the universe, the Nature constantly attempts to maintain balance and harmony. In physics you see this as "conservation of energy." And we see the wonderful rhythm of the seasons, tides, and biological birth-growth-death cycle. Everywhere there are these rhythms; everywhere nature tries to keep this delicate balance. This balance is very exact and perfect.

So, in simple words, health is that state of well-being when we, on all our levels, are in that state of perfect balance and harmony. When every cell in our bodies is in harmonious relationship with each other; when there are no conflicts between our thoughts, words and deeds; and when we are acting in accord with our own true nature, or the natural law, then we are healthy.

It is not by running away from pain that we get at this perfect balance, but by correcting the cause of the imbalance. We have the capacity to heal ourselves, only we have forgotten and become too dependent on some magic pill or physician.

We can get in tune with the Divine power within by right diet, proper living, and clear thinking. It is not easy, especially after a life of wrong habits, but we can all do it. When we understand the natural rhythms and what their characteristics are, we can tune into the healing power within us.

## SIGNS OF HEALTH

What are the true signs of health? As we said, a clear and calm mind, joy, and also fearlessness. One who is healthy will not have irrational fears. Health is harmony, sympathy, love, moderation; it is humility, faith and cleanliness. Health is divinity. It is your birthright. It is what we are evolving to. For perfect health comes only when we are completely free, completely at one with our own Divine Reality.

May we all realize this in this very lifetime.

Om Shanthi,  
Shanthi, Shanthi

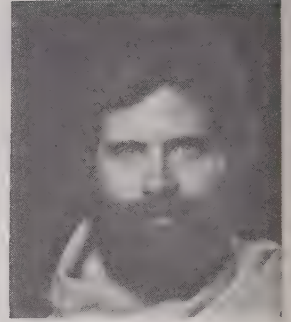
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*Swami Murugananda is a natural health expert now living at Yoga-ville West.*

*You may continue addressing your health and medical questions to Dr. Amritananda c/o Integral Yoga Magazine, and they will be answered by the appropriate member of the Integral Health Services staff.*

# The New Swami Goes Home

by Swami Dheerananda



*This story is told by Swami Dheerananda, initiated into the monastic Order of Sannyas a year ago by Sri Gurudev. Known in his former life as Nicholas Roosevelt III, he comes from the illustrious family which gave the country two U.S. presidents.*

"Really, Nicholas, you are the living end! Don't you think the Swami would approve of your serving your family also? Besides, I promise to feed you all healthy foods. No angel cake with thick orange frosting..."

"Yes, Mother, I'm sure he would... and it's not that I don't like angel cake; it's just that sugar destroys niacin which regulates the nervous response..."

"All right, all right. But Honey, why can't you come home?"

"Mother, I can; I'd love to. It's just that I enjoy serving, and if I came home I would probably just have a good time. If you could arrange it so I could share the teachings of Yoga with people in the area, then I would feel at least useful."

Three months later, fifteen miles above the earth, I relaxed in the seat of a 747 jet-- though not without a small feeling of nervous excitement. What

was I going to say to these people? They had watched me growing up, chasing girls... and now I was going to sit in front of them as a monk lecturing on Yoga? Mother must have really gone out on a limb for this one, I thought. I imagined..."Oh, Audrey, my son is coming home. He's a swami. Well, it's a monk, a Yoga monk. That's right, no girls. Anyway, can you come?"

"No girls?? Why I remember..." At this point I remembered who was doing the remembering....

With the ear phones firmly fixed, I settled back into my seat. I recalled my Sannyas initiation seven months earlier. My mother and step-father had flown to California to share the experience. During the initiation I had received the name Swami Dheerananda, meaning the bliss of courage. Afterwards, Mother had sidled up, and seeing that I was feeling rath-

er important, cocked her head and with a mischievous twinkle said, "Hello, Dheerie." I quickly deflated.

### "WELCOME HOME, DHEERIE"

Pat, a friend of the family, picked me up at the airport. We hadn't been driving long before he began to question me about Yoga. I told him it was the science of attitude change. By understanding that we create our own unhappiness, we are able to eliminate the cause and become aware of our true peaceful nature. As we drove into the driveway, Pat pointed to the big sign across the upstairs balcony: "Welcome home, Dheerie!"

Barking dogs, kisses, hugs. I was immediately led to the kitchen. Slowly, Mother opened the door and there it was--two counters lined with such an array of health foods as would delight the imagination of a Yogi. Carefully she pointed out each item: herbal teas, raw cashews, fruit juice, cheeses, and finally, with so much love, she tenderly displayed a basket of raspberries found and purchased in New York City, almost an hour away. Silently I thanked Him who indwells in every human being as Love.

Late that night, I sat in my old room with mind turned in upon itself. I have never been very good at prayer, but I have adopted a method which begins with thinking of my beloved Master. In that remembrance I have, over a period of time, learned to experience His presence. Now I sat, feeling a vibratory presence permeate my being.

"Listen, Lord," I said. "You and I both know I'm not such a big shot. But please guide what

I say tomorrow so folks have a good time. Let me feel I am always divinely guided so the Light within me can radiate in testimony of Your presence. I know it's presumptuous to think I could teach or help anyone, but at least let me be an example. Amen."

### THE GOOD NEWS

It was an hour before the lecture. As I sat at my desk relaxing, Mother walked in, hands on hips. "Your guests are arriving."

"I'll stay here 'till it's time," I said.

"You'll do nothing of the kind! They're your guests. What are you going to do--wait 'till they're all seated and then walk in like a savior?" She left.

Hmm. With one last prayer asking that I remember Him, I bounded down the stairs, seated the guests, and then sat before them speaking on Yoga.

At the end there was a complete hush. Then quietly a fifty-year-old businessman asked, "Nick, I work 10 or 12 hours a day. Can I apply Yoga to my life?" Somewhere inside of me a piece of the mind gave way in relief.

"Why do you want Yoga? One needn't do Yoga unless one is dissatisfied with his life. Only then is one interested in examining the cause of the discontent: 'Who am I? For what purpose was I born?'"

Many questions were asked. Finally it was over. As our guests were leaving, a practicing Christian lady approached me. "Nicky," she said, "I see you are truly practicing Christianity, just in another form. You seem to have heard the 'Good News.'" Her eyes sparkled as she completed the thought: "We were

born to be happy."

The praise came. I waited for the blame, but instead I overheard an older businessman speaking to my mother. "This Yoga business is still foreign, but the change in Nick is both apparent and pleasant." Mother's face was radiant. I fell asleep remembering that light.

### "I OWN EVERYTHING"

It was the last day of my visit. The leaves were turning; the air was clear. I sat with Mother before the final lecture. We were discussing my new lifestyle and convictions. "This is where you still show your immaturity. You fail to take into account human weakness. Total faith is for monks and priests, not for us."

"As you believe, so it will be," I replied. "Do you think Christ would say so if it were not?"

"Nicky, you still have a lot to learn," she answered.

I stood up, irritated. "Mother, I wish for you 'a body of perfect health, mind with all clarity and control, intellect sharp as a razor, will of steel, heart full of love and mercy, and a life dedicated to the welfare of humanity.' And you, have you wanted any less for your sons? In your criticism are you not holding these imperfections against the white canvas of perfection? Perfection exists. Why does it surprise you that I believe we can all realize it?"

Mother just stared at me.

The lecture went well and the questions were poignant.

"Why did you feel it necessary to give up your name and inheritance?" asked one gentleman.

"First," I replied, "renounc-

ing the material world does not mean to run from material objects. It means to give up selfishness. I gave my inheritance to an organization. But by owning nothing, I very often feel as if I own everything. I still drive cars, handle money, work with cameras, but always with the feeling that I came into the world with nothing and will leave with nothing.

"As for my name, a name should be useful and not a source of pride. I enjoyed the name Nicholas Paul Roosevelt and respect its tradition. But the name Swami Dheerananda is itself an invitation to share Yoga. It also helps remind me of my goal: bliss absolute (ananda means bliss)."

As I finished speaking, I felt an arc of attention, a silence and a fullness. In that peace I bathed.

The guests had left. Our family sat together in the warmth of a friendly evening. "Well, Nicholas," my step-father began." (Here it comes, I thought.) But instead: "You seem to have a talent for speaking. You made everyone feel comfortable and you didn't wave any flags. This teacher of yours seems to be a good trainer."

Next morning I was ready to leave. Mother looked at me as if I were a pleasant stranger. Ann kissed me goodbye. And they both kept waving even after the car had pulled far out into the long driveway. In a tremendous surge of gratitude, I experienced the lifetime of love and sacrifice from this, my first and most gracious family.

"Please, Lord," I prayed, "Let me live a useful life!"

# Writing

## as Karma Yoga

by Noelle Sterne

Writing, for as long as I can remember, has been what I've wanted to do. But the road from "wanting" to "doing" has been a long and difficult one, and I've sought the Guru in different forms for help.

A kind of help I'd never before experienced came last year on the night of the Tenth Anniversary celebration for Swami Satchidananda in New York City. At the end of the evening, leaving St. John's Cathedral, each person was handed a small packet--a *prasad* offering. I was struck by the love in this gesture. To give each of the over 2,000 people who attended, asking nothing in return--no contributions, no names for mailing lists, no strings attached--was remarkable to me, especially in New York City.

As had been explained during the program, the packet contained a small amount of food. But to my surprise there was something else, a little booklet called *The Key to Peace* by Sri Swami Satchidananda. Seeing the booklet I was again touched; the

evening seemed extended, and I could bring home more of the spirit of this humble, loving person.

At home I opened the packet, ate the delicious nuts and cake and began to read. As if from a loudspeaker, the simple words written here told me why I'd been struggling most of my life. Almost immediately, tears started falling.

### **EVERYTHING CAN BE KARMA YOGA**

*"From morning to evening you are doing some action, so everything can be Karma Yoga. Your walking, talking, typing, eating are themselves Karma Yoga." (p. 31)*

Karma Yoga has always seemed to me something to be put off for the future, something essentially distasteful, dutiful and joyless. But if such mundane activities as walking, typing and eating are Karma Yoga, then everything, as he says, can be--and that includes what I want to do. The so-called "creative act" of writing, I've always secretly thought, is selfish, something to be done apologetically and

guiltily. But maybe, somehow, it's selfish not to write.

The work of writing has always given me great satisfaction. But the problem has been fear: fear of punishment for doing what I like, fear of "wasting" my time, fear of failing, fear of succeeding, and--more than anything--fear that I won't get rewarded.

## THE CAUSE OF FEAR

*"The cause of your fear is your selfish attachment--'I want it for me.' If you are selfless, if you are not attached to anything, you will never worry about anything, you need not be afraid of anything... there will be no need to hate anyone or be jealous or angry or disappointed." (p. 10)*

It's not the doing that is selfish, but the hope of getting. And what have I wanted? The usual goals of our culture: fame, money. As if they would alter anything. Would they change my breathing, how I look at trees, what I am?

*"All our resentments come because we think too much of ourselves. If we don't think of ourselves, there is no room for these problems. When we want to be spiritual seekers, the first thing to do is forget ourselves. Never, never think of you: 'Where will I sleep, what will I eat, what will I get for me?' I, I, I, should be forgotten." (p. 24)*

When the "I" is paramount, the paralysis follows. Hoarding now to spend later never works; later I'm still hoarding. To give, I was taught, meant to get, and to get there first, and the models before me were the angry martyrdom called selflessness

and demands for payoffs disguised as generosity. Parental pressures to succeed made me afraid to fail. My attempts at writing--and my life--have been defined by these assumptions.

But none of this is true giving. To give with the hope of getting isn't service, as the Swami says, but business (pp. 34-40). And it wastes everyone's talents and gifts, depleting life itself in the name of "love."

The ancient paradox is true: not seeking, all is given. Not striving to obey childhood "shoulds," or controlling and competing, it all happens.

## GIVING IS YOUR BUSINESS

*"So don't expect anything. If you make an appointment for some result, you must be ready to face dis-appointment. Ask for nothing, just serve. That way you will retain your peace, because peace is always in you; it is not something to come from outside. As long as you don't disturb it by your expectations and anxieties, it will be there.*

*"The best way not to disturb it is not to expect anything in return for your actions and just give what you can.... Giving is your business, that's all.*

*"That is what you can renunciation or dedication." (p. 3-4)*

Renunciation or dedication--quite a pair of synonyms. The Latin root of "renounce" is *nuncio*, a messenger. And the old meanings of "renounce" reflect this--to announce, proclaim, declare. This is the task, to listen to our messenger inside announcing service, proclaiming selflessness, declaring that fears of giving and of losing

need bind no longer.

*"So we live by sacrifice and should live to sacrifice...."*  
(p. 45)

To give up to simply give.  
And to give up what is unworthy  
--all the fears and strainings  
toward an empty finish line.  
And what, after all, is a sacrifice? A sacred action.

*"When you renounce attachment and expectation of the fruits of your actions, you retain your peace. That fruit is the forbidden fruit, let us remember that."* (p. 4)

And that fruit brings no good fruits, I see. If they come at all, they're tainted; they don't nourish but poison. An act which nourishes both oneself and others is one done for itself, for its own joy and presence. The Swami tells of:

*"...a great saint of South India named Maanikkavachakar. 'Maanika' means gem, 'vachaka' means speech. His words were like gems."*  
(p. 41)

## WORDS LIKE GEMS

Here's a saint whose very name is gem-words. Words can be gems, and I've kept them buried in the ground. I see now what forbidden fruit that all is, how bitter and rotten. The Swami reminds us that the apple tree gives without anyone asking; it doesn't even eat its own fruit, but just gives (p. 2). This is the real fruit--to give what blossoms and flowers and ripens.

When I think of how much the words of others have given me, how they've stimulated and re-

awakened me, calmed and filled me with hope, I see that I've judged the words that come through me as selfish and worthless. But look what the words of others have done for me. And words haven't been the only gifts: look at all the composers, all the painters, architects and sculptors, all the cooks and craftspeople, and all those whose presence alone has lifted my spirit. Each one of us is special in our giving, like every creature in the woods, like every plant and weed. Each weed is precious in itself, its space and place and marvelous patterns.

And now I see there is no race. As each gives according to itself, there's nothing to race with or towards, no finish lines to burst through, no cheers, applause, or trophies meted out. And so, no rivalry, disappointments, or need for jealousy. The prize and fruit are in the giving; the race grows meaningless and disappears.

Writing then, for me, takes on a new perspective. No longer must it be approached as tight, competing, proving, hard-edged, ending in agitation and pain. Rather, it's simply part of why I'm here. The more I give, the more it flows. The more I open to the purity of offering, the more is offered. The more I turn from gaining, the more room is made for peace. As the great man who wrote this little book has shown, we're here to give what's been given us to give.

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Noelle Sterne was first introduced to Yoga at the IYI in New York City over six years ago. Still a practitioner, she is currently working on a novel, *The Journey Continues*.



# Whole Foods for Wholey People

## Hand-ground Grains and Seeds

There is a big emphasis these days on natural foods: whole grains, unprocessed honey and dried fruits, unrefined sugar, etc. But unfortunately, even the so-called 'natural' foods we buy are very often quite altered from the state in which the Lord originally provided them for us on tree and field. I speak here especially of the foods which have been milled, cut, rolled and ground for us and sold in health and natural food stores.

Take, for example, sesame seeds, a popular and nutritious, protein-rich food. When you buy the hulled seeds, as many people do, the calcium-rich husk has been removed, and you actually pay much more for a lot less. Another example is the popular wheat product called cous cous. Here wheat has been milled, steamed and rolled - and certainly can no longer be considered a whole grain.

And even in cases where you do receive the whole grain, for instance cracked wheat, whole wheat flour or soy grits, the vitality and nutritional value of the grain has been substantially diminished by the time you buy

it. Ask yourself, "When was this grain harvested? Then when was it ground? How long did it sit around after that? Was it ever stored under refrigeration to preserve its freshness?" If the answers to these questions alone haven't convinced you to grind your own grain, here's another experiment to try: bake two loaves of bread or batches of crackers, one with fresh ground flour and one with commercial flour - I'll leave it to you to discover the difference. You'll be amazed at the sweetness and rich quality of the fresh ground loaf. Or if you made unleavened bread or crackers, you'll notice how they have risen naturally from the natural enzymes still in the wheat.

Even more important than with grains, is the freshness of seeds, nuts and nut butters, as they become rancid much more quickly after shelling or hulling. If you buy a pound of shelled almonds, chances are they'll be stale and devitalized by the time you eat the last quarter pound. And chances are that with more oily seeds and nut butters, they will be rancid by that time.

**NUTRITIOUS GRAINS, NUTS AND SEEDS  
TO BUY WHOLE AND GRIND YOURSELF:**

millet	almonds
wheat berries	cashews
buckwheat groats	peanuts
rye berries	sesame seeds
barley	sunflower
oats	seeds
brown rice	

## Recipes

Whether you're convinced of the benefit of hand-grinding, or at least willing to give it a try, here are a couple of simple and delicious recipes to start with.

### RICE CREAM

Instead of serving commercial breakfast cereals which are often made from refined grains and contain added chemicals for rapid cooking, make your own cream of rice. It's light, easy to digest and great for children.

Lightly toast organic brown rice and grind into a fine meal (but coarser than flour). Grind just enough for a few meals and refrigerate in a tightly sealed jar. To serve 4:

$1\frac{1}{2}$  c rice meal  
7 cups water (or part apple juice)  
1 c raisins  
 $\frac{1}{4}$  tsp. salt  
butter  
1 cup chopped nuts

Bring 6 c salted water to a rapid boil. Slowly add the rice meal, stirring continuously. Turn down heat, and use either a double boiler or stir often to prevent sticking. As it thickens, add the remaining water. Stir 'till you obtain a creamy consistency. Add raisins, nuts and a pat of butter. Turn off heat, cover and let steam for 5 min.

Serve with honey or molasses and milk or yogurt, and enjoy.

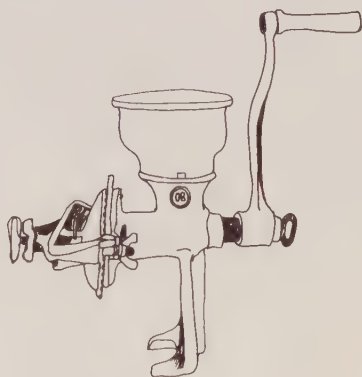
To have rice cream for lunch: simply omit raisins and add tamari soy sauce instead of honey.

### CAROB PUDDING

Rice cream can also be used in delicious puddings and pie fillings. For example, try this carob pudding. (Carob is a healthy substitute for chocolate; it tastes similar but does not contain the harmful caffeine which chocolate has.) To serve 6:

3 c cooked rice cream  
 $1\frac{1}{2}$  c milk  
 $2\frac{1}{2}$  tbsp. carob powder  
 $\frac{1}{2}$  tsp. vanilla extract  
 $\frac{1}{2}$  c honey  
 $\frac{1}{2}$  c ground cashews (optional)  
3 tbsp. melted butter

Blend together all ingredients except the rice cream. Combine them with the rice cream in a saucepan and simmer 'till almost boiling. Pour into cups and chill to set.



Br. Snehan is a beautiful example of glowing Yogic vegetarian health and vitality. Having long been interested in natural foods, he often teaches and lectures on the subject and is a superb natural foods cook.

## More Letters



(continued from p.2)

DEAR SWAMIJI

With all my heart I wish to thank you and all my brothers and sisters at the Ashram for their prayers and adding all the energy and strength to aid my brother through a successful surgery. You gave me the awareness of my own strength which enabled me to serve the situation with a clear head. It all went beautifully and he is up walking around enjoying each breath he takes.

A.W., New York City

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Like a child coming home from school, I enjoy writing and telling You of all I've seen and learned. In the past two months God has brought us further in our service to children. A large house became available to us, so we had room to take in a severely retarded foster child named Rita. Through You I've grown to see that this is just a matter of the body and functioning of its nervous system; her True Self is above that. She seems to have a great inclination toward the spiritual life, although she cannot express it verbally. The first time she came to our house she was playing on the floor when she saw a small picture of Amma way across the room; she immediately went over and tenderly kissed it several times. Then she began to kiss some booklets with Your picture on them. She has since done the same with pictures of Swami Sivananda and Christ. We have begun giving her a little of the prasad from

your Tenth Anniversary Celebration each day. Along with chanting, this seems to fill her with new vitality and life.

It is such a blessing to serve her--through this service I have begun to taste the sweetness of Karma Yoga. In addition to having Rita live with us, we have begun plans for a small children's school that we hope to start by next summer or fall. May we serve God and His whole family to our last breath!

K.C., Iowa City, Iowa

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I first became associated with Integral Yoga in 1974 when I was just driving around and dropped by the Institute out of curiosity. I never meant to get anything more out of Yoga than to get into better shape physically but instead Integral Yoga has changed the entire direction of my life. I have gained peace of mind. My already vegetarian diet has been strengthened and made permanent. I have stopped drinking alcohol and smoking cigarettes and have lost interest in movies with violence or cheap sex. A whole new part of the world has shown itself to me through Integral Yoga and your message.

J.G., New Britain, Ct.

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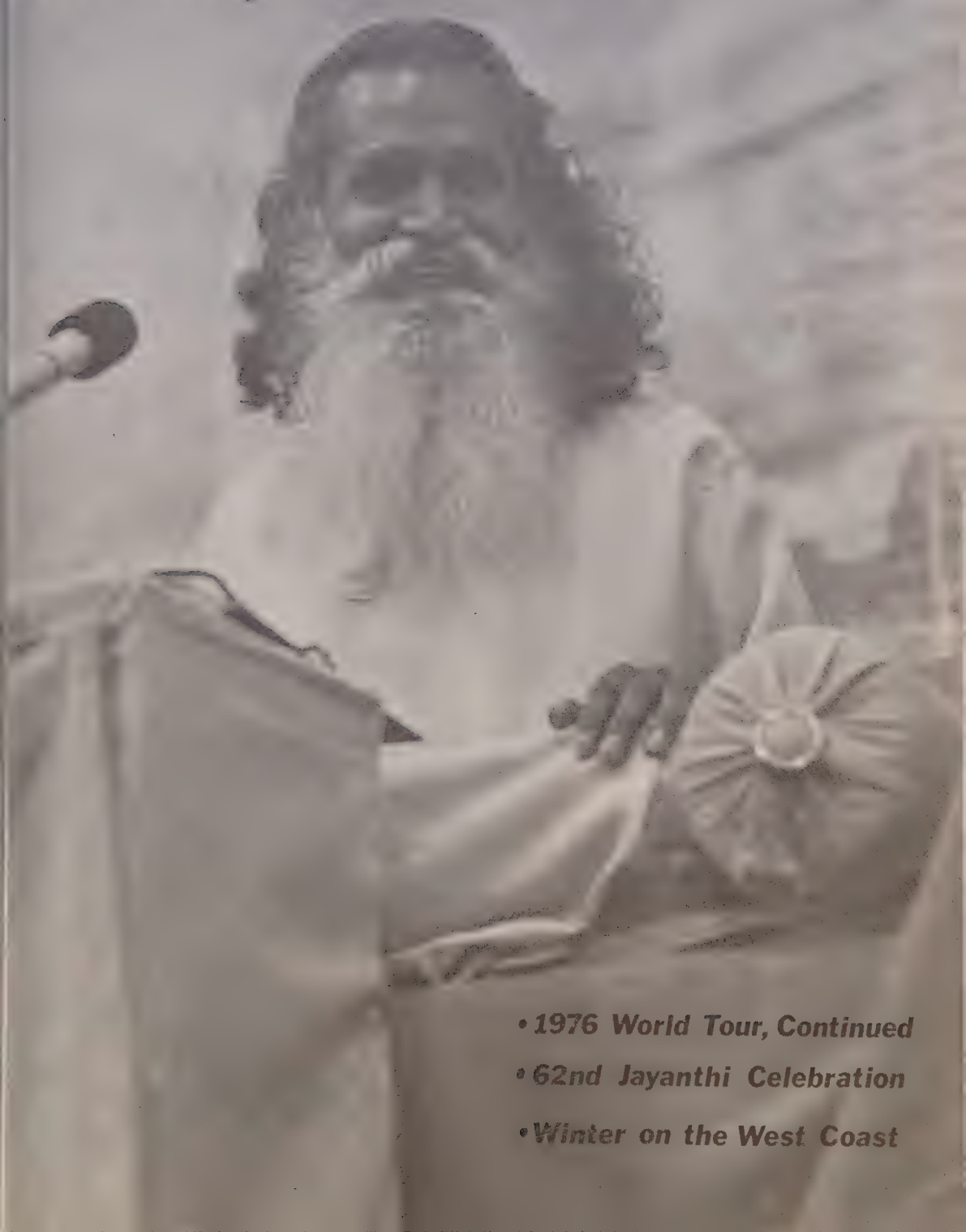
DEAR ASHRAM FAMILY

Thank you for making this past New Year's weekend such a lovely and loving one. It was one of the highest I've experienced there. So much love and fun and closeness. Many of us, who are away, deeply appreciate being able to "come home" every once in awhile to get recharged. I truly do.

M.M., New York City

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# **News of Sri Gurudev**



- 1976 World Tour, Continued
- 62nd Jayanthi Celebration
- Winter on the West Coast

# Around the World with Sri Gurudev as told by Amma

*The following report by Amma Claydon,  
Sri Gurudev's secretary, is continued  
from last issue.*

## **BOMBAY**

Let me share one incident which happened on the flight to Bombay: Sri Gurudev was roaming around and discovered a line of people waiting for a toilet which read "occupied." He says that "somehow" he knew no one was inside. He slowly approached the door, casually played with his fingers to hit the right spot, and POP! the toilet door opened to reveal nobody inside - to the open-mouthed amazement and relief of many passengers. Gurudev and I couldn't stop laughing and we still laugh when thinking of the faces of those people: amazed, shocked and very grateful!

We arrived in Bombay on the 12th of November and were wel-

comed by Sohini Mehta, bouncing with joy. Gurudev stayed at her apartment where she had the opportunity to pamper him to her heart's content. While in Bombay he was taken to Kandala to see Mr. and Mrs. Mehra's new home which they have generously put at Gurudev's disposal should he ever again travel in India with a large group. Gurudev had blessed the groundbreaking for this home during his last Indian visit.

Sri Gurudev also met Sri Swami Chidanandaji Maharaj briefly, as well as paying a visit to Mrs. P.M.N. Swamy, whose late husband was the dynamic force behind the magazine *Call Divine*. The Bhabha family, as usual, was ever so caring and devoted.

*In Mrs. Sohini Mehta's  
apartment*



## MADRAS

Sri Gurudev left for Madras on the 15th, and was met by Mr. Mahalingam, Mr. Bahirathan, Mr. Menon, Mr. Gopinath and many others with huge garlands and pranam. He stayed at his Madras "home," the lovely Queens Hotel, and visited a unique resort built by the ingenious Mr. Pa-neerdas and his brother, their idea being to blend the best of East and West. Gurudev also gave two memorable talks at the Rotary and Lions Clubs, both well attended, where he was requested to answer many and varied questions about Yoga and spiritual life.

## COIMBATORE

Since our arrival in India there has been talk everywhere about the serious drought in Coimbatore. Well, we arrived on Nov. 18 to an airport reception of garlands and a wave of silent reverence and love. We went to Mr. N. Mahalingam's guest house for "a little something." Many of you know what I mean by that - "a little something" rarely exists in India when referring to food for guests!

As we ate, this lovely trickling sound became audible; it was a happy sound, almost like giggling. It got louder and louder until it turned into joyous laughter everywhere, including on the faces of those who were eating and those who were serving, as well as on the unseen faces of the land. RAIN! It has not stopped since.

## CHETTIPALAYAM

On the 20th, we visited Gurudev's birthplace in Chettipalayam where Swami Vidyananda Mata-

ji (of Ceylon) has been conducting Yoga classes, worship services, and doing beautiful work with the area's children. Gurudev's home is now not only serving as a clinic, but also as a center for learning the Way of God in general.

As we drove from Coimbatore to Chettipalayam that afternoon, the sky had cleared and all the colors of nature were standing out sharply in the tropical light. As we neared town, I saw an enormous dark cloud right over the Chettipalayam area, and cried out, "Look, Divine Mother is preparing her own welcome for Swamiji!" My darlings, when things like this happen, I feel it is the Goddess Herself winking, and wooing Gurudev. And the beauty of it all is that so many are benefitted by this Divine romance.

By the time we arrived the whole house was shaking with the strength of the rain. Everyone was saying it had not rained like this in years. The function couldn't even begin because one could not hear anything but Divine Mother's loving, passionate roar. We quietly sat our wet selves at the feet of wet Gurudev. He sat with eyes closed, smiling blissfully, quietly acknowledging and gratefully accepting the feast.

After the Beloved Lady had said what She wanted to, She quieted down and allowed the children to do what they had prepared. Apparently, the scriptures they chanted are not to be sung with anything but the perfect intonation and they did it without a flaw. The women also sang and talked with Gurudev. Vidyanandaji had arranged it this way because normally when Gurudev comes,

women don't get to be with him much because of the tradition.

A public talk was scheduled to be held next out on the veranda. But because of the rain, the newcomers - mostly men - had to squeeze into the house and stand at the back while the women and children remained in front close to Gurudev. The old tradition was reversed for once! The rain had been falling quietly all this while, but when Gurudev was ready to give his talk it stopped completely. There was nothing but silence and eager anticipation.

## BACK IN COIMBATORE

Gurudev was invited to speak at the Polytechnic Institute in Pollachi. He had all the students in tears of laughter. Mr. Venkatachalam, educational director of the Institute, gave a lovely speech thanking Gurudev for his words of merry wisdom.

Another memorable visit was to the Ramakrishna Mission Vidyalaya in Coimbatore. "Vidyalaya" means "temple of learning" and is the Indian term for school. Gurudev was received by Mr. T.S. Avinashilingam Chettiar, father and director of the school, and Swami Somananda, its religious director. Mr. Avinashilingam has dedicated his entire life to the Spirit in the form of service to the young, and without taking any formal vows, has offered his entire life and wealth to this cause.

He seems to have a special understanding of what Gurudev stands for in this world and to enjoy it tremendously. The discipline, order, efficiency and beauty of the whole reception at

the Ramakrishna Mission were decidedly impressive.

## SRI LANKA

Gurudev's stay in Sri Lanka was very brief this time, to the chagrin of the devotees. Sri Lanka was the starting point of Gurudev's life as a world teacher and the first Satchidananda Ashram has been in existence there for over 20 years. Swami Vimalananda Mataji, Gurudev's first sannyasin (monastic) disciple, has been head of the Ashram ever since Gurudev came to the West.

She and our beloved brother, Mr. P. Shanmugam take care of Gurudev's every need when he visits the island. Seeing them relate to him, one would imagine he had never left. When I mentioned this to Mataji, she replied, "Of course, child. He never has. I have never missed him because he has simply never left!"

Thanks to the dynamic organization of Mrs. R. Rasiah, devotees from all over the country were able to participate in a retreat at the Ashram with Sri Gurudev. I was amazed to see the same faces I saw here years ago, still coming to Gurudev, alone and in groups, like the waves of a vast ocean - changing but ever approaching the shore of His blessed feet.

Some are growing old, some reaching maturity, others adolescence, and still others bringing the children of their children, one generation giving way to the next, united by the one common thread of God's guidance and love. Gurudev appears to be the only one remaining unchanged throughout Time's swiftly passing scenes.



*David and Duro Harilela with Sri Gurudev*

## HONG KONG

An air of festivity reigned over Kowloon as Gurudev arrived in the early morning of Dec. 3rd. David Harilela, son of George and Chandra Harilela, was to be married in a few days and the entire family was on the alert. Business was busier than ever as ladies and gents prepared for the celebrations which were to commence several days before the wedding and end only several days after it. A marriage in this family seems to be a royal affair cut out from the pages of an ancient oriental tale.

The Harilelas are a large, wealthy, and extremely hardworking Hindu family which has lived in Hong Kong for the past two generations. They have considered Gurudev as their family guru for the past 15 years and hardly a marriage in the family is performed without his presence

and blessings. The family being so large, this keeps Gurudev visiting Hong Kong on an almost yearly basis!

Rarely have I seen such a display of gems and ornaments as during those days of religious and social celebrations. But the most exquisite jewels which dazzled my vision and enchanted my soul, were the purity and simplicity of the hearts of members of that family. Devotion to the Divine and firm belief in right action are the guiding principles in all their affairs, whether business or pleasure. I could not cease to watch, love and learn from them in silent wonder, all the while raising a hopeful prayer to the Divine for more Harilelas of this calibre to populate our world.

While in Hong Kong, Gurudev also managed to meet with his Chinese devotees, a large group



*Mary Dean, Ann Kwan, Sri Gurudev and Nancy Kwan*

of whom have been following his teachings for many years. Mrs. Eva W. Kwan was the main organizer of the meeting which took place at the Harilela's palatial home.

Thelma Heitmeyer, a well-known Yoga teacher in Hong Kong and a close and dear friend of Gurudev's, invited him to speak to her Yoga class. He also spoke at the Hindu Temple and found time to visit the homes of some friends and devotees. Wherever he went he gently and almost casually re-awakened their longed-for contact with the throbbings of the Universal Heart.

## **HAWAII**

Before returning to California, Gurudev stopped for a short visit with his beloved ones of Haw-

aii. Steve and Irene Au looked after him with the tenderness, understanding and reverence which can come only from refined spirits. The lush, generous abundance of the land itself seemed to flow out of their hearts, surely to return to them in a shower of unforeseen blessings according to the cosmic rhythm of God's unwritten Law.

Mrs. Jeanne Wiig and her daughter Sundari served Gurudev luncheon at their home and *sat-sang* was held at the home of Peter and Roxanna Hsi along with a delicious Chinese vegetarian dinner. Gandhi Bond, of the Integral Yoga Teaching Center in Maui came to Honolulu and stayed close to Gurudev until we reached the mainland on December 15.

*In Love's Grace*

*Aranya*

*Sri Gurudev spent the winter in California this year, guiding the new Satchidananda Ashram-Yogaville West and the growth of all his West Coast children.*

## **ARRIVAL IN L.A.**

On Dec. 15 Gurudev arrived at the Los Angeles airport. He threw miniature tootsie rolls to the 30 or 40 people who had come

to greet him, then pulled away in an antique car recently bought for his West Coast use - a peacock metallic blue car that looks like a spaceship. (Gurudev calls it his peacock.)

## **SANTA BARBARA**

Gurudev paid the first visit of his stay to Yogaville West on the 17th, joining the Ashram family for a nighttime tour. We trooped out into the dark to see the little cabin which one couple have just moved into, then continued on to inspect the newly refurbished barn (our bunkhouse). It has been rebuilt, painted, windows installed and a floor partially completed. Gurudev took note of the changes since his September visit and remarked, "This is the way an Ashram should be. Not just people sitting in a cave meditating all day."

On Family Day Gurudev led everyone on a rough-and-ready tour of all 62 acres. We stood at the land's highest point where we could see the greater part of the coastal plain shining in the late afternoon sun. Below lay Santa Barbara; seaward, the Channel Islands loomed on the horizon like a fleet of great purple ships. Gurudev stood on the highest point with the commanding view below him and said that this is to be the site of his long envisioned "Lotus Light" Temple.

We all know of Gurudev's long-held dream of building a temple dedicated to the Divine as It manifests in all the major faiths.

The prospect of being able to contribute to this work is truly exciting. It is now for us to prove that there is indeed the energy and enthusiasm here to make this important statement to the world - a living monument to the universality of Truth.

During the New Year's Retreat Gurudev elaborated on the Lotus Temple theme and explained how the proposed site was a natural Star of David or Siva-Shakti symbol - upward and downward triangles formed by the mountain and valley. If the temple is built in this spot, it will be visible from Highway 101 along the coast in both directions.

On the last day of the Retreat, Gurudev called on all who might wish to come forward with the various skills necessary for its planning and construction. Many of us felt that at last we were witnessing the birth of this truly noble work. As Gurudev spoke of his participation in the religious councils of our time, his words made us all feel that we were his partners in the great movement to uphold and proclaim the One Truth that underlies the diverse religious teachings. In this spirit the Lotus Temple, with its many petals and eight altars surrounding the eternal flame, will be open to all people for worship and reflection on humanity's common goal.



*Atma and Jothi Hansen making an offering during Jayanthi Pada Puja*

## **JAYANTHI IN SAN FRANCISCO**

Sri Gurudev arrived early in the evening of the 21st, and after greeting his children at the airport, went straight to Oakland for satsang at the home of Mrs. Rama Jyoti Vernon. She is a well-known and respected Yoga teacher who hosts many visiting swamis and yogis when they come to this area. (See the letters section for her comments on this evening.)

Devotees poured in from all over the country for Gurudev's 62nd Jayanthi (birthday) celebration on the 22nd. With so many close devotees expected from out of town, we were wondering how to house them all. But so many dear friends opened their hearts and homes to serve Gurudev's children - it was really an inspiring example of the *sangha* (community of spiritual seekers) serving one another.

On the morning of the 22nd we had a glorious and devotional *puja* (worship service) to the Divine as manifest in Gurudev. Over 100 persons came. We also had the honor of having Dr. N. Rao, President of the San Antonio IYI, his wife and beautiful children in our home during this time. After the formal *puja* all the little children came up to greet Gurudev.

From the inspiring talk Sri Gurudev gave following the *puja*, here are a few of his remarks:

In terms of worship, especially Guru worship:

*"It is always good to remember the nice things and forget the flaws. When we eat a fruit, we always cut up the flesh but throw away the seed. The seed is unwanted for us, but probably*

*"You must be lions. Don't get discouraged. Remember that you are all my children. You are part of the royal family."*

wanted for the tree. If you eat the seed also, the tree can't multiply. So it's always good to take what you can swallow and leave the rest for others to swallow. The devotee is not only a follower, but a "swallower" too. He should swallow, digest, and bring his understanding and devotion into action in his life."

Regarding doubts and troubles along the spiritual path:

*"Sometimes even the brightest sun gets hidden by the clouds. But the fact is that the sun is always there. Remember this always. Whatever changes happen in the sky of your mind, whenever the clouds come and gather, keep flying always and keep your instruments in good shape..."*

*"You must be lions. Don't get discouraged. Remember that you are all my children. You are part of the royal family."*

At this point many of us were in tears. It was one of those rare out-of-mind-and-body experiences with the Guru to be cherished forever.

That evening we had the public celebration at the Scottish Rite Temple. It was a most beautiful yet simple event. It felt like we were all his children once again gathered in one giant living room. Among the entertainers were Siva Fiske, Ramesh Marcum and Swami Nirmalanandaji singing their inspiring music, the L.A. IYI Choir singing "America the Beautiful" and the "Guru Gita"; plus the All-IYI Blues Band with Swamis Sadananda, Dhivyananda, Jnanananda, Devendra Godino and Br. Narayana.

A great surprise was Paul Horn who humbly requested to play for Gurudev. It was very beautiful. The highlight of the evening was the magnificent slide show put together by Swami Dheerananda and Moorthi Newmark. Although it lasted only 16 minutes, it was so incredible that it got a standing ovation.

At the end of the program we presented Gurudev with a cake. But really there is nothing we can give him but our love and devotion. What can we give one who has all? The best gift, he told us, is to follow his teachings.

## THE ELEVATOR ADVENTURE

Later a group of us went to Gaylord's Restaurant as guests of the Harilela family. The managing partners had kept it open past their normal hours especially for Gurudev. We were served a beautiful meal, graciously served by Mr. Kishore Kripalni and his colleagues.

Finally we were on our way out, thinking all was over. Gurudev got into the elevator and said, "All in." There were 24 of us crowded into that tiny elevator. The door closed but the elevator did not move. What an adventure - stuck in an elevator with the Guru! The others realized this and sent for a repairman. Meanwhile they chanted "Om Tryambakam" mantras for us.

It was quite a lot of fun. After about 20 minutes Gurudev was telling stories of how once, on his pilgrimage to Mt. Kailas, he and 15 people were crowded into a tiny tent in the freezing Hima-

layas and had to squat there throughout the night on the ice.

Pretty soon the repairman came but could not get it going. Gurudev pushed a button, and like magic, the door opened and there was the rest of the group. It was a great adventure and lesson. Gurudev told us that God was testing us to see how we'd react in such a situation.

When we arrived home we were given one more treat. It was now about 2 a.m. and there was Gurudev and everyone dancing to "*Sambasada Shiva*" and Swami Sadananda's harmonica. It was truly the dance of Shiva. After this spectacular event, Gurudev still didn't go up to his room, but sat in the living room joking, singing Tamil lullabies, and asking everyone how much pizza they had eaten. Finally, at about 2:30 a.m. he got up and literally bounded up the stairs to his room. The ways of the Guru are unpredictable and unforgettable.

## CHRISTMAS IN SATCHIDANANDA

The California Satchidananda family spent their Christmas Eve in the Santa Barbara Ashram barn with Sri Gurudev, sharing songs, stories and snacks. Then Gurudev spoke. At the end he said, "You know, I'll tell you another miracle of Jesus. At the beginning of my talk I said to myself, 'How can I speak since my mouth is hurting?' (He had had some dental work done the previous day.) 'Well, I'll just speak a little.' And now after the talk my mouth does not hurt at all; the pain is gone."

Besides the next day's usual Christmas festivities which included a puja, movie, videotape

and singing, Gurudev found a beautiful opportunity to help give birth to the Christ child of wisdom in some of his disciples: he discovered that, by some oversight, some of the devotees visiting him in San Francisco had not been informed of the rest of the week's activities and had been left behind. Gurudev "took anger out of his pocket" and sternly reprimanded the responsible parties. He said we should even stop all our meditation, chanting and *sadhana* (formal spiritual practice). "Just be normal people, not spaced out. Take care of everyone. Serve and give all the time." He said that this was his true teaching, not just sitting and meditating and forgetting all about the world.

## NEW YEAR'S RETREAT

The annual Santa Barbara New Year's Retreat began the next day. On Monday evening Dr. Rao gave a beautiful talk about how his life has changed since meeting Gurudev. When Swami Turiyananda introduced Dr. Rao as "a devotee and friend of Gurudev's," Sri Gurudev corrected him, "Don't you know he is President of the San Antonio IYI? He is just like you." Taking his lesson well, Turiyanandaji replied, "He is even better than me, Gurudev. He is taking care of an IYI and a

family, too!"

Gurudev gave satsang on Friday and Saturday nights. He spoke about surrender and how few people ever really surrendered to the Guru. "They say a lot of words but don't really give themselves to God. All you have to do is be like a leaf," he said. "Be wherever the wind blows you. If you land in a ditch - 'Oh well, I am His devotee. If this is what He wants to show me of Himself, that's His business...'" Even many sannyasins' egos won't let them surrender, he said, and yet it is so simple to do so.

## FINDHORN SEMINAR

On the 16th Gurudev attended a seminar about the Findhorn community which he had visited in November. When quite unexpectedly asked by its founder, Peter Caddy, to say a few words about his visit to Findhorn, Gurudev said:

*"Findhorn belongs to the Divine, not to one individual or group of people. God brought all those people there and is guiding them to live as a beautiful spiritual community and to set an example for the whole world.*

*"It's more or less the same thing we are trying to do here at Yogaville - a village of Yoga. To me, Findhorn is another Yogaville. And probably when Peter visits Yogaville he will say to me, 'It is another Findhorn.'"*

The next day Sri Gurudev gave Peter, Sir George Trevelyan and Jo Kellen a tour of the Ashram grounds and orchards, inviting them to sample the sweet limes and avocados. Speaking of the bene-



*"Now we're really in the lime-light!" Sampling sweet limes at Yogaville West: Peter Caddy, Amma, Gurudev, Sir George and Jo Kellen*

fits of sweet limes, he said, "In India normally we take a lime like this to cool the system. Meditation heats up the system. That's why when we go to meet kings or saintly people we always take a lime. When I went to meet the Pope for the first time, I did that and he was mystified until I explained it to him.

## BACK TO L.A.

On the 19th Gurudev visited L.A. again. The Los Angeles family had spent the past few months fixing up a beautiful apartment for him at the IYI. Swami Jnananandaji tells the story:

"It was two hours before Gurudev and his guests were scheduled to arrive and we were still hammering up the wall board, vacuuming up the nails and setting up the guest sheets - and there was a group of Hatha Yogis waiting for the 6 p.m. class in the next room. It is now 6:15.

The faucet in Gurudev's apartment is running, not just leaking, and we are still waiting for the plumber I had called at 8 a.m. At the same time we are getting dressed for a dinner party we'd been invited to attend with Gurudev. And I'm thinking, 'Only the magic of God can pull all this together in time.'

At the last moment His Magic Wand passed over and everything got done. We were supposed to be there at 6:30. Sr. Maji went on ahead and the rest of us arrived at 8 p.m., a split second after Gurudev arrived. Perfect timing. The whole episode reminded me of a combination Charlie Chaplin, Keystone Cops and Laurel and Hardy movie...

Gurudev's gracious hosts that evening were Ivan and Ulla Kafaloff. A beautiful Bulgarian-Swedish couple, they have been married for ten years, but Gurudev still calls them the 'honeymooners.' After the fantastic, love-filled meal, Gurudev reported that the pain in his mouth had completely gone away!

That evening, back at the Institute, as Gurudev walked into his new room, he said proudly,

"God, what do you think of my children?" I'm just telling you that so you know how much it pleases our Papa when we do things for him in the best way we know how."

Next morning Sri Gurudev appeared on the live morning T.V. show "Nine in the Morning." From there he went directly to tape a radio interview which would be aired later that month. Among Gurudev's comments to the radio audience:

*"No one should disturb you. If they do, don't blame them, but rather thank them for showing you your weakness. Then you know what you have to work on. They are just agents to help you see your egoism."*

After a pleasant visit for tea with Sri Yogi Bhajan, Gurudev headed back toward Santa Barbara. On the way, he decided to stop by a showroom store run by a friend and devotee, Ananda Cargman. After about an hour of browsing and enchanting the salespeople, Ananda invited him to his office for tea. At precisely that moment, Gurudev arrived at the office, an elderly employee also arrived, having just been informed that her brother had been killed in an accident in another state.

As she sat crying and trying to control her overwhelming emotions, Gurudev entered and filled the room with his Peace. He softly comforted her, asking what had happened and gently reminding her of her faith in God, which began to grow stronger by the minute. When she left some time later she thanked him sincerely and seemed to possess new strength to accept this unexpected act of the Divine Will.

## SATURDAY SATSANG

While in California Gurudev has been giving satsang on Saturday nights in Santa Barbara. On January 15, many of the questions asked were about love, sex, marriage and related topics. Some of the highlights follow:



Question: What is the importance of legal marriage?

Sri Gurudev: If you live together you are married whether you are "locked" [as in wedlock] or not... But one very important reason for married life is to have sexual restraint. By restraint I mean to have limitations. The more you save your energy, the more you are benefited. But the mind must accept this restraint, then things are easy. Otherwise it will create a heat in your system, both physically and mentally...

Sexual restraint improves the brain capacity, the nerves and

the general health. If you want to build up ojas (spiritual energy), you can, just like building a muscle. But if you want to have sex, don't feel that it is against God. Even the Hindu gods are all married. Just keep the sexual activity within limitations... If you overindulge, sex becomes stale. Sex should be a celebration. It should be sacred and secret. A kiss once a week - how you would look for it! But sex on a car seat - it simply loses its value.

Some highlights from Gurudev's Saturday Night Satsang of Jan. 22:

Question: How can I love everyone equally?

Sri Gurudev: In spirit or Self we are all the same. It is the very effort to see yourself in everybody which we call the spiritual life. Accept people for what they are. Just as a mama loves all her children equally, see everyone as growing from different levels, like plants in a garden - you love them all equally. For example, there may be a five-year-old's mind in an 18-year-old's body. A doctor gives different treatments to different people because they have different diseases, but he loves them all equally.

Question: To get rid of a desire, how do you know when it is appropriate to analyze it, and when should one go out and fulfill it?

Sri Gurudev: To experience it is to renew it, like pouring gasoline on a fire. No desire is ever really satisfied through experiencing. But you can never suppress a desire either - it will

SATSANG, Cont.

come back again ten-fold, like a spring which when pressed down pops up ten feet high.

Analyze the desire. Is it reasonable? Is it necessary? Is it just a sensual itch? Get convinced about it. But never satisfy it at any cost. Do not give it the opportunity to come to the surface. Sometimes even after a couple of years of being unfulfilled, desires may crop up. It is like having some bulbs on your mantle, even for a couple of years, they will just sit there waiting for a little mois-

ture; then they sprout. So be cautious. Think, "What are the things that make the desire come up?" Knowing them, pass them by.

On the other hand, develop the positive side. Engage yourself in useful things constantly. It is like a scientist, a deep thinker, who is unfit for anything else. His marriage ends because he's so involved in his experiments. It's not that he consciously says, "No, I don't want to fulfill that..." but he's 100% involved in his work. So in the spiritual life, put your mind totally into that.



Sri Gurudev blessing  
first Paul Horn's flute  
then Bob Kindler's cello  
Paul Warner recorded  
the proceedings

## MAGICAL MUSICIANS AT "LA PAZ"

On Jan. 26, Gurudev welcomed a number of friends and students into his home, "La Paz" (Peace), who came to make an offering of their music. Paul Horn came to play his magical flute and another gifted musician, Bob Kindler,

played his cello which was over 100 years old. The quality of their musical skills was matched only by the depth of love in their offering. Everyone was visibly moved by the music and by Sri Gurudev's inspired words,

MAGICAL MUSICIANS, Cont.

dev, Paul wrote: "...I shall treasure the memory of that evening for the rest of my life. Since you played on my flute it

### "REGULAR WORK"

During Gurudev's stay at La Paz, Karma Yogis have been coming almost daily to work on an Ecumenical Meditation Path there, and they frequently receive practical lessons as Gurudev looks into their work. Once such incident happened recently when Gurudev walked down the hill to see the work and immediately discovered a wet patch on the asphalt driveway. The entire Karma Yoga crew had been walking up and down over the spot for over an hour and no one had noticed it!

### "CAROL . . . I THINK"

Gurudev visited L.A. again to speak on two more radio shows, the first of which was "Religion on the Line," live with Carol Hemingway. During one of the commercial breaks, Gurudev commented on her clarity and concentration in doing so many things at once while on the air and said, "That is Yoga." She was completely amazed and told him that she had wanted to practice Yoga for years but had always thought she would have to retreat somewhere to do it. The audience's response reflected that same gratitude to discover the practicality of Yoga and spirituality.

Carol was so touched by Gurudev's words on our spiritual identity that during station

has been playing better than ever! People have been commenting on the sudden increase in my musical ability and I attribute it to you."

Upon investigation, Gurudev discovered that the main water line to the house had sprung a leak. Throughout the day and into the night Gurudev worked with the students while they learned, not only that Gurudev knows much about plumbing and pumps and electricity, but that there is a "perfect" way to do each job: with full concentration and respect for the tools. One of the Ashramites was amazed and said, "Swamiji, you teach not only spiritual lessons, but all about regular work too! Gurudev replied, "Well, sir, that is my Yoga: everyday life."

identification she started saying, "This is Carol Hemingway... I think!" and by the end of the show she was saying, "This is Swami and Carol...."

The next day, after an interview on Earth News, Gurudev was invited to H.E.L.P. Unlimited Restaurant, by owner and long-time friend Warren Varuna Stagg. Varuna had also invited about 30 of Gurudev's disciples to join the party, and as Gurudev entered, the room was absolutely bursting with radiant faces and divine songs being performed by a group of new age singers.

Gurudev concluded this joyous occasion with a prayer for the peace of all and asked that the restaurant be graced by the Divine with "help unlimited" in their service to humanity.

We thank Amma Claydon, Shanti Zupan and Swamis Jnanananda, Dhivyandanda, Murugananda and Nityananda

for their inspired news reporting for this issue.

Om Shanthi.

# Sri Gurudev in the News

**T**HE highly mechanised arrivals bay at London's Heathrow airport might seem a somewhat incongruous setting for the Indian in the apricot robes of the holy Order of Sannyas. But Sri Swami Satchidananda long ago came to terms with technology. In the States, he guns his own motorbike, drives his own car, pilots a jet plane between the Integral Yoga Institutes he has created across America. Today, he had just flown in from Inverness, where he had been visiting the Findhorn Trust in Morayshire (and where he had been persuaded to give some impromptu talks), the start of yet another tour which is to take him across Western Europe and to the Far East. "In yoga there is no coming or going. We are always one in spirit." He swings his heavy bag off the luggage carousel with an economy of effort, and an ease that belies his age. Swamiji — as he is known affectionately by thousands of devotees throughout the world — manages to manipulate the gadgetry of consumer society with complete non-attachment, to live a life of service and asceticism without losing his warm humanity and humour. He welcomes (and gently exploits) the media to make known his message. His talks are videotaped and played back at the 20 Integral Yoga Institutes, and four residential centres (Ashrams) being developed at Connecticut, Arkansas, Santa Barbara, Texas. An Ashram is "an abode of perfect dedication, an aspiration to express the True Self; an embrace to all nations, cultures, creeds; a community expressing the unity in diversity through a life of purity and serenity; a spiritual centre for study, research and growth. It belongs to all who believe in the precepts and life-style of Integral Yoga and affirm to follow them." Vegetarianism is mandatory at all the Ashrams (indeed a large proportion of the 150,000 students attending the Integral Yoga Institutes are vegetarian). The Ashrams are not closed communities — they're self-supporting, but not self-contained. They exist to serve the world. When he had audience with Pope Paul in 1966, he pleaded that the Pope's

## The Vegetarian

December 1976



Link-up — two years ago, as President of The International Vegetarian Union, Dr. Gordon Latto attended the World Vegetarian Congress in Maine, USA. Together with his wife, Dr. Barbara Latto (bottom left), he visited the Connecticut Ashram. Last October, Swami Satchidananda, accompanied by his secretary, Amma Claydon, had the joy of returning that visit.

efforts to bring the Christian world together should be extended: "Why don't you come forward to bring the entire world together — all people, regardless of religious or racial differences. It is not only the Christians who should come together but all people in the name of religious harmony." Ten yrs ago, he was invited to visit America, found a need, stayed to serve — the result has been a remarkable transformation in the lives

of a great number of Americans, particularly among the young. With unreserved love and untiring dedication, he has individually and collectively revealed to them the gift of themselves.

A printing press is busy and a national audio-video library is being built up at Connecticut. And all this to service the sayings of a teacher who knows that words are finite, the spirit infinite. "I don't know why you still come and listen to me. I don't say anything new. I just say the same thing I always say." But they come in their thousands to listen to that mantra-like repetition of truth (like the vast crowds that congregated at the Woodstock Music Festival to hear him). His drug rehabilitation programmes have had spectacular success, his reformation programmes are practised in ten prisons in the States. And all this has come about in a decade.

His belief in ecumenism — seeing the same fabric in all faiths — led Swamiji to found (together with a Zen monk, a Jewish rabbi, a Catholic monk and several laymen) the Centre for Spiritual Studios in New York City. He is also the originator of yoga ecumenical retreats in which the precepts and practices of different religions are presented under the common light of yoga (which means union with the Universal Spirit).

That universality is reflected in the altar that stands in the Ashram in Connecticut. Around the flame of eternal truth — are grouped symbols of world religions.

Swamiji will be returning to the Ashram in time for Christmas, but meanwhile his present tour takes him to Antwerp, Brussels, Rome, Hong Kong and ... India. There he will be visiting his hometown of Chettipalayam in South India, where devotees have dedicated his birthplace as a clinic to provide a social service to the people of the area. It stands as a practical mark of the love and respect that Swami Satchidananda seems to attract wherever he goes; a teacher whose message is simple, but whose revelations are profound, and the totality of whose influence will only be fully assessed in time to come.